



## Chicken and Herbed Dumplings

READY IN



55 min.

SERVINGS



6

CALORIES



234 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons double-acting baking powder
- 2 tablespoons butter cut into small pieces
- 1 teaspoon canola oil
- 1.5 cups carrots sliced ( 3 medium)
- 0.7 cup celery diced ( 2 stalks)
- 2 cups chicken breast cooked chopped
- 0.5 teaspoon thyme leaves dried
- 32 ounce less-sodium chicken broth fat-free
- 1 cup flour all-purpose

- 2 teaspoons rosemary fresh chopped
- 0.8 cup buttermilk low-fat
- 0.8 cup onion diced
- 0.3 teaspoon salt
- 1 cup water

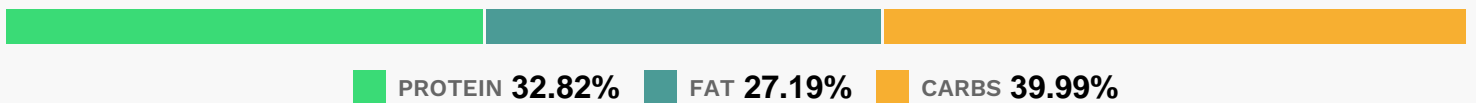
## Equipment

- bowl
- knife
- blender
- measuring cup
- dutch oven

## Directions

- Heat oil in a Dutch oven over medium-high heat.
- Add onion, celery, and carrot; saut 10 minutes or until tender.
- Add chicken, broth, water, and thyme; bring to a boil. Reduce heat, and simmer, uncovered, 15 minutes.
- While soup simmers, lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, baking powder, rosemary, and salt in a bowl.
- Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- Add buttermilk, stirring just until moist.
- Drop dough by heaping teaspoonfuls into simmering chicken mixture. Cover and cook over low heat 11 minutes (do not let soup boil).

## Nutrition Facts



## Properties

Glycemic Index:53.81, Glycemic Load:13.32, Inflammation Score:-10, Nutrition Score:16.693912985532%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

## Nutrients (% of daily need)

Calories: 233.91kcal (11.7%), Fat: 7.02g (10.81%), Saturated Fat: 3.18g (19.85%), Carbohydrates: 23.25g (7.75%), Net Carbohydrates: 21.23g (7.72%), Sugar: 4.24g (4.71%), Cholesterol: 50.9mg (16.97%), Sodium: 999.87mg (43.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.08g (38.16%), Vitamin A: 5541.37IU (110.83%), Vitamin B3: 8.87mg (44.35%), Selenium: 24.1µg (34.43%), Phosphorus: 222.45mg (22.24%), Vitamin B6: 0.4mg (19.89%), Vitamin B1: 0.25mg (16.69%), Vitamin B2: 0.27mg (15.67%), Calcium: 153.01mg (15.3%), Folate: 57.33µg (14.33%), Manganese: 0.26mg (12.88%), Iron: 2.09mg (11.63%), Potassium: 395.5mg (11.3%), Vitamin K: 10.06µg (9.58%), Vitamin B5: 0.95mg (9.5%), Vitamin B12: 0.54µg (8.92%), Fiber: 2.02g (8.07%), Magnesium: 31.07mg (7.77%), Zinc: 0.91mg (6.05%), Copper: 0.12mg (5.92%), Vitamin C: 4.06mg (4.93%), Vitamin E: 0.63mg (4.2%)